

Juicy Tidbits

What You Need to Know About Fruit Juice in Your Baby's Diet Infants 6-12 month

When will my baby be ready for fruit juice?

At six months, the most important food and fluid for your baby is breast milk or iron-fortified infant formula. When your baby shows interest in a cup, begin offering fruit juice from a cup. **Fruit juice should be considered food, not just something to quench your baby's thirst.**



Why shouldn't I give my baby juice in a bottle?

It is best to offer him juice in a cup because a bottle of juice may "fill him up". He won't be as interested in more nutritious foods like breast milk, formula, or iron-fortified infant cereal.

Large amounts of juice may also cause diarrhea. The juices that are commonly responsible for this condition are apple juice and pear juice. White grape juice tends to be less upsetting.

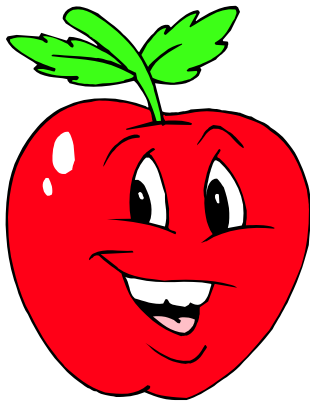
If your baby "nurses" a bottle filled with juice, his teeth may be open to "baby bottle tooth decay".

Isn't it a good idea to give my baby juice to provide enough fluids?

You shouldn't think of juice as a major way of preventing dehydration. Really, all the fluid your baby needs can be obtained through breast milk or formula unless he has been ill or is in extremely warm conditions. If he needs extra fluids, water is a good choice.

What are the best juices for my baby?

It is good to offer Vitamin C-fortified juice to your baby. It is best to wait before giving him orange juice or other citrus until near his first birthday. This is because he might develop an allergy to it if he drinks it before his body is able to handle it. So a good choice might be Vitamin C-fortified 100% apple, pear or white grape juice.



If I do choose to offer my baby juice, how much should I give him?

Babies at 6-12 months shouldn't have more than 2-3 ounces at a sitting and no more than twice a day.

My friend gives her baby apple juice several times a day because her baby has diarrhea . She wants to make sure he is getting enough fluids. Is that a good idea?

NO. Your friend may be adding to her baby's problem because too much apple juice can cause diarrhea. This is true of pear juice as well. Your friend should avoid giving her baby any juice until he is over his diarrhea. Then, give only small amounts. Also, it is a good idea to vary the kinds of juice. Your friend's health care provider may have other suggestions.

